

A Guide to Resources on Evidence-Based Geriatrics

J.W. Crane Memorial Library, 2005

“Evidence-based medicine (EBM) is the integration of best research evidence with clinical expertise and patient values”.
Centre for Evidence-Based Medicine, University Health Network, Toronto.

- This guide is intended as an introduction to resources on evidence-based practice in geriatrics both freely available on the Internet and at the J. W. Crane Library.
- For background information and an introduction to Evidence Based Practice, visit the suggested websites in Section 1, or read one or more of the books listed in Section 2.



Indicates a Canadian resource

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1. Learning about Evidence Based Practice

Assessing the evidence on clinical effectiveness. **Clinical Effectiveness Bulletin** June 2001; 5(1).

<http://www.bda.uk.com/>

This article provides advice on how to access the best available sources of research evidence on clinical effectiveness.



Centre for Evidence-Based Medicine. University Health Network, Toronto.

www.cebm.utoronto.ca

The goal of this website is to help develop, disseminate, and evaluate resources that can be used to practise and teach EBM for undergraduate, postgraduate and continuing education for health care professionals from a variety of clinical disciplines. This site also serves as a support for the book entitled, *Evidence-based Medicine: How to practice and teach EBM* by David L. Sackett, Sharon E. Straus, W. Scott Richardson, William Rosenberg, and R. Brian Haynes.

Centre for Evidence-Based Medicine website, Oxford Centre for Evidence-Based Medicine

www.cebm.net/index.asp

An excellent starting place to learn about evidence-based practice.

Teaching/Learning Resources for Evidence-Based Practice, Middlesex University, London

www.mdx.ac.uk/www/rctsh/ebp

Module based tutorial on EBP.

NOTE: Additional sites on EBP are in Section 6.

2. Reading about Evidence-based practice

The following selected books on evidence-based practice are available in the Crane Library collection. To search the catalogue for a comprehensive list of resources, use the following key words “Evidence-Based Practice”. Crane Library Call numbers are in square parentheses []...


American Medical Directors Association. **Guideline implementation : clinical practice guideline**. Columbia MD : AMDA, 1998. [HV 41 B4498 1999].

American Medical Directors Association. **We care: tools for provider and staff to implement clinical practice guidelines**. Columbia, Md: AMDA, 2002. [W 84 A512 2002]

Best practice : evidence based practice information sheets for health professionals. Australia : Joanna Briggs Insitute for Evidence Based Nursing. [WT 30 N532 1999]

Bloom, Martin; Fischer, Joel; Orme, John G. **Evaluating practice : guidelines for the accountable professional**. Needham Heights MA : Allyn & Bacon, 1999. W 84 DC2 N2775 1998

 Canada. National Forum on Health. **Making decisions : evidence and information**. Sainte-Foy, P.Q. : Editions Multimondes Inc., 1998. [W 87 C2123 1996]

 Canadian Healthcare Association; Canadian Medical Association. **Integrating clinical practice guidelines into Canadian healthcare facilities**. Ottawa : Canadian Healthcare Association, 1996. [W 26.5 D621 1997]

Dixon, Robert A; Munro, James F; Silcocks, Paul B. **The evidence based medicine workbook : critical appraisal for clinical problem solving**. Boston : Butterworth-Heinemann, 1997. [W 26.5 D621 1997]

Evidence-based healthcare : a practical guide for therapists. Oxford : Butterworth-Heinemann, 1998. [W 26.5 E92 1998]

Greenlaugh, Trisha. ***How to read a paper : the basics of evidence-based medicine*** London : BMJ Publishing Group, 1997. [W 26.5 G814 1997].

Lau, Sharon ***How to locate and identify best practices*** Aliso Viejo, CA : The Best Practice Network, 1998. [W 84.1 L366h 1998 [video]]



Loney, Patricia; Chambers, Larry; Bennett, Kathryn; Roberts, Jacqueline; Stratford, Paul; McMaster University. System-Linked Research Unit. ***Critical appraisal of the health care literature : how to critically appraise an article about prevalence or incidence of a health problem.*** Hamilton : McMaster University, 1997. [W 26.5 M167 1997]

le May, Andree. ***Evidence-based practice.*** London, England : Nursing Times Books, 1999.

Melnyk, Bernadette Mazurek; Fineout-Overholt, Ellen. ***Evidence-based practice in nursing & healthcare : a guide to best practice.*** Philadelphia : Lippincott Williams & Wilkins, 2005. [W 26.5 M526e 1995].

Sackett, David L.; Richardson, W. Scott; Rosenberg, William; Haynes, R. Brian ***Evidence-based medicine: how to practice and teach EBM.*** New York, NY : Churchill Livingstone, 1997. [W 26.5 S119 1997 [MHC]]

Titler, Marita; Mentes, Janet C.; University of Iowa. Gerontological Nursing Interventions Research Center ***Guidelines for writing evidence-based practice protocols.*** Iowa City, Iowa : University of Iowa, 2001. [W 26.5 T619 2001]

University of York. NHS Centre for Reviews and Dissemination. ***Finding studies for systematic reviews : a basic checklist for researchers.*** York, England : University of York, 1999.

3. Reading about Evidence-Based Geriatrics

Books and Book Chapters:

Bartels SJ. et. al. Evidence-based practices in geriatric mental health care. IN ***Evidence-based practices in mental health care***. Edited by Robert E. Drake and Howard H. Goldman. Arlington, Va.: American Psychiatric Association, 2003.

Leipzig, R.osanne. "Evidence-based medicine and geriatrics" IN ***Geriatric medicine: an evidence based approach***. 4th ed. by Cassel, Christine K. et. al. New York: Springer, 2003.

New ways to care for older people : building systems based on evidence. New York : Springer, 1999. [W 26.5 E92 1998]

Palmer C. ***Evidence-based briefing: dementia: a compilation of secondary research evidence, guidelines and consensus***. London: Gaskell, 1999. [WM 220 P185 1999].

Strauss SE and Sackett DL. ***Practising evidence-based geriatrics***. Abingdon : Radcliffe Medical Press, 1999.

Journal Articles:

Bartels SJ. et. al. Evidence-based practices in geriatric mental health care: an overview of systematic reviews and meta-analyses. ***Psychiatric Clinics of North America*** Dec 2003;26(4):971-990.

Building evidence on chronic disease in old age. ***BMJ*** Feb 2000;320:528-529.

Clinical practice guidelines: Finding and appraising useful, relevant recommendations for geriatric care. ***Geriatrics***; January 01, 2000; Fields, Suzanne D.

Conn VS. et. al. Evidence based practice for gerontological nursing. ***Journal of Gerontological Nursing*** Feb 2002;28(2):45-52.

- Fulmer T. et. al. Nurses Improving Care for Healthsystem elders (NICHE): using outcomes and evidence for evidence-based practice. ***Geriatric Nursing*** May-Jun 2002;23(3):121-127.
- Nazarko L. How clinical governance can enhance care for older people. ***Nursing Times*** Mar 16-22 2004;100(11):42-45.
- Nay R. Evidence-based practice: does it benefit older people and gerontic nursing. ***Geriatric Nursing*** Nov-Dec 2003;24(6):338-342.
- Sue DY. Evidence-based guidelines: extrapolation, adherence and outcome. ***Journal of the American Geriatrics Association*** Jul 2002;51(7):1038-1039.
- Triscott, Jean AC. Evidence-based care of the elderly health-guide. ***Geriatrics Today*** 2003;6:36-42.
- McWilliam CL. Promoting evidence-based health policy, programming and practice for seniors: lessons from a national knowledge transfer project. ***Canadian Journal on Aging*** Winter 2003;22(4):415-430.

4. Searching for Evidence-Based Literature

Searching the Journal Literature:

The following are good introductions to searching for evidence-based journal articles:

Rourke, Alan. **Evidence-Based Practice: Literature Searching using MEDLINE.**

<http://www.shef.ac.uk/uni/projects/wrp/sem8.html>

Searching for the best evidence: searching MEDLINE and CINAHL.

Evidence Based Nursing Oct 1998;1(4): Available in PDF at

<http://ebn.bmjournals.com/cgi/reprint/1/4/105.pdf>

Searching for Evidence based resources for nursing. Margaret (Peg) Allen. MLA Annual Meeting Symposium, May 03.

http://nahrs.library.kent.edu/resource/symposium/Allen2_files/frame.html

Databases:

Pubmed:

PubMed, a service of the National Library of Medicine, includes over 14 million citations for biomedical articles back to the 1950's. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

For an excellent introduction to searching PUBmed system, work through the Pubmed tutorial at:

http://www.nlm.nih.gov/bsd/pubmed_tutorial/m6001.html

Clinical queries searching and Systematic Reviews filter.

<http://www.ncbi.nlm.nih.gov/entrez/query/static/clinical.html>

These features are provided by Pubmed to help searchers locate evidence-based resources. “**Clinical queries**” provides clinicians with four research methodology filters: therapy, diagnosis, etiology, and prognosis. “**Systematic reviews**” combines your search term(s) with citations identified as systematic reviews, meta-analyses, reviews of clinical trials, evidence-based medicine, consensus development conferences, and guidelines.

CINAHL: Cumulated Index of Nursing and Allied Health Literature

Contains article citations with abstracts, when available, from 13 nursing and allied health disciplines. The J.W. Crane Library subscribes to CINAHL through EBSCOhost. One method of limiting CINAHL searches is to use the Special interest limit: Evidence-based practice.

An excellent chart listing available filters in CINAHL can be found at:
<http://www.library.mun.ca/hsl/instruction/cinahlfeatures.php>

Cochrane Database of Systematic Reviews:

Full text of regularly updated systematic reviews prepared by the Cochrane Collaboration. J.W. Crane subscribes to this database.

For further information on the Cochrane Collaboration see:
<http://www.cochrane.org/resources/leaflet.htm> or browse the Cochrane homepage at www.cochrane.org

Check out the Cochrane Dementia and Cognitive Improvement Group site at:

www.cochrane.de/cochrane/revabstr/DEMENTIAAbstractIndex.htm

The Database of Abstracts of Reviews of Effectiveness (DARE).

Database of abstracts of systematic reviews on the effectiveness of health care interventions and the organisation of health care delivery. The structured abstract provides comment on the quality of the review's methodology. DARE can be used by health practitioners and policymakers to develop local practice guidelines, establish protocols, and determine policy guidelines. It can also be used for research and teaching. J. W. Crane Memorial Library subscribes to this database through EBSCOhost.

TRIP (Turning Research Into Practice)

www.tripdatabase.com

Produced by Centre for Research Support (CeReS), Wales, England. The TRIP Database is an amalgamation of 26 databases of hyperlinks from 'Evidence-based' sites around the world. Non subscribers are restricted to five free searches per week.

5. Searching for Guidelines and Best Practices:

An excellent collection of articles on clinical practice guidelines can be found at:



<http://www.muhc-ebn.mcgill.ca/guidelines.htm>

Searching for Guidelines and Best Practices in the J.W. Crane Library:

To search the J. W. Crane Catalogue for guidelines use the J.W. Crane Advanced Search, Choose “Publication Type” from the drop down menu. Click “find” and choose “Practice Guideline”. If you are looking for guidelines for a particular disease or condition, add an additional access point (eg. dementia) and combine with the “practice guideline” search. You may also use the keyword “best practices” to retrieve resources.

Some sources for guidelines and best practice on the Internet are:

National Guideline Clearinghouse

<http://www.guideline.gov/>

A public resource for evidence-based clinical practice guidelines. NGC is an initiative of the Agency for Health Care Research, U.S. Department of Health and Human Services.

National Quality Measures Clearinghouse

www.qualitymeasures.ahrq.gov

Another initiative of the Agency for Health Care Research, the NQMC is a public repository for evidence-based quality measures, browsable by disease/condition; treatment/intervention; domain or organization.



Canadian Medical Association

<http://mdm.ca/cpgsnew/cpgs/index.asp>

These guidelines are produced or endorsed in Canada by a national, provincial/territorial or regional medical or health organization, professional society, government agency or expert panel.



Registered Nurses Association of Ontario

<http://www.rnao.org>

The Registered Nurses Association of Ontario (RNAO) launched the Nursing Best Practice Guidelines (NBPG) Project in November 1999 with funding from the Ontario Ministry of Health and Long Term Care. The purpose of this multi-year project is to support Ontario nurses by providing them with Best Practice Guidelines for client care.

Note: In addition to guidelines, the site provides excellent information on implementing guidelines in practice.

Scottish Intercollegiate Guidelines

<http://www.sign.ac.uk277>

The Scottish Intercollegiate Guidelines Network (SIGN) was formed in 1993. The Network's objective is to improve the quality of health care for patients in Scotland by reducing variation in practice and outcome, through the development and dissemination of national clinical guidelines containing recommendations for effective practice based on current evidence.

New Zealand Guidelines Group

<http://www.nzgg.org.nz>

The New Zealand Guidelines Group promotes the delivery of high quality health and disability services throughout New Zealand through a change in culture based on evidence and effectiveness. Excellent information on guideline development and evaluation is also found at this site.

NeLH

<http://rms.nelh.nhs.uk/guidelinesfinder/>

From Britain's National Health Service (NHS), the National Electronic Library of Health Guidelines Finder provides an index to clinical guidelines. It currently holds details of over 900 UK national guidelines with links to Internet downloadable versions of the guidelines. and is updated weekly.

Guidelines in Geriatrics



Care Maps for Seniors

www.caremapsforseniors.ca

Developed by a geriatric services team at Sunnybrook Women's College Health Sciences Centre and maintained by the Regional Geriatric Program of Toronto, this site provides a database of rated caremaps.

American Health Care Directors Association

www.amda.org

The AMDA charges for these publications, but many have been purchased by the J.W. Crane Library.

American Geriatrics Association Guidelines and Position Statements

<http://www.americangeriatrics.org/products/positionpapers>

British Geriatrics Society Compendium of Guidelines, Policy Statements and Statements of Good Practice.

<http://www.bgs.org.uk/compendium/compend.htm>

University of Iowa Gerontological Nursing Interventions Center

<http://www.nursing.uiowa.edu/centers/gnirc/disseminatecore.htm>

The Center charges for these publications, but all are available at the J.W. Crane Library.

6. Evidence-based practice on the Internet

The Centre for Reviews and Dissemination (CRD), University of York <http://www.shef.ac.uk/scharr/ir/netting/>


Established in 1994, The CRD aims to provide research-based information about the effectiveness of interventions used in health and social care. Promotes the use of research-based knowledge, by offering systematic reviews, the DARE, NHS EED (Economic Evaluation Database, and the Health Technology Assessment database, publications: CRD Reports, Effective Health Care, and Effectiveness Matters, and a dissemination service.

**Center for Research & Evidence Based Practice (CREP),
University of Rochester School of Nursing, New York**
www.urmc.rochester.edu/son/ebp

**Sara Cole Hirsch Institute for Best Nursing Practice Based on
Evidence at Case Western Reserve School of Nursing**
<http://fpb.cwru.edu/HrishiInstitute>

 **Centre for Health Evidence (Alberta)**
<http://www.cche.net/che/home.asp>

The CHE is a not-for-profit agency that engages in projects and partnerships that promote practice-based evidence. The site contains a complete set of Users' Guides originally published as a series in the Journal of the American Medical Association (JAMA). Provides references and links to articles on EBM.

 **Health Information Research Unit -- Evidence-Based health
Informatics**
<http://hiru.mcmaster.ca/>

The Health Information Research Unit (HIRU) at McMaster University conducts research in the field of health information science and is dedicated to the generation of new knowledge about the nature of health and clinical information problems, the development of new information resources to support evidence-based health care, and the evaluation of various innovations in overcoming health care information problems.

Joanna Briggs Institute for Evidence-based Nursing

<http://www.joannabriggs.edu.au>

The Joanna Briggs Institute, established in 1995, is an initiative of Royal Adelaide Hospital and the University of Adelaide to provide a collaborative approach to the evaluation of evidence derived from a diverse range of sources. With the support of leading hospitals and universities, the JBI Collaboration has grown steadily to include state collaborating centres within Australia, as well as Hong Kong, New Zealand, The United States, Scotland, China, South Africa, Spain, Canada, Thailand and England.

Many of their publications require paid subscription, but the “Evidence Based practice information sheets for health professionals” are available for free at this site.

7. Evidence-based geriatrics on the Internet

Geronurse.com

<http://www.geronurse.com>

The website of the Gerontological Demonstration Project is an important pioneering initiative intended to create an infrastructure for e-based learning to promote the attainment of evidence-based gerontological practice in Scotland. Features best practice guidelines in development and available.

NICHE (Nurses Improving Care for Healthsystem Elders)

<http://www.hartfordign.org/programs/niche/>

NICHE is a national geriatric nursing program with sites in 30 states coordinated by the John A. Hartford Foundation Institute for Geriatric Nursing at New York University. The goal of NICHE is to incorporate best practices and guidelines to achieve systematic nursing change to benefit hospitalized older patients.

Texas Association of Homes and Services for the Aging: Best Practices home page.

www.tahsa.org/index.cfm/MenuItemID/103.htm

These best practices were selected by a committee of members from a diverse group including those working in both the profit and non-profit sector, clinicians and educators.

J. W. Crane Memorial Library
2109 Portage Avenue
Winnipeg, Manitoba
Canada
R3L OP3
www.deerlodge.mb.ca/library

For further information on finding information and resources on evidence-based geriatrics, searching the literature, or on Crane library resources contact:

Laurie Blanchard: lblanchard@deerlodge.mb.ca. Ph. (204) 821-2943.

